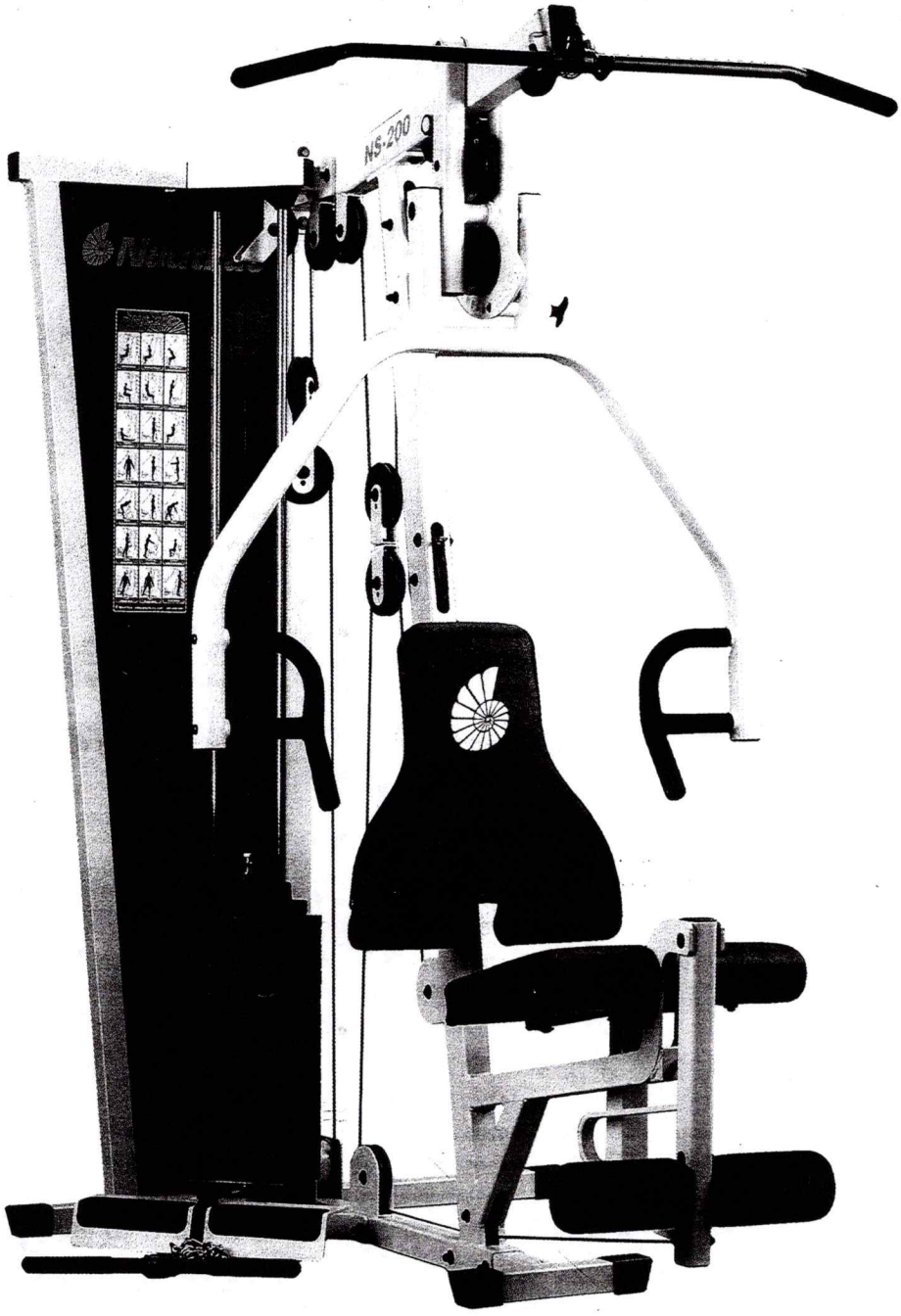
Assembly Instructions

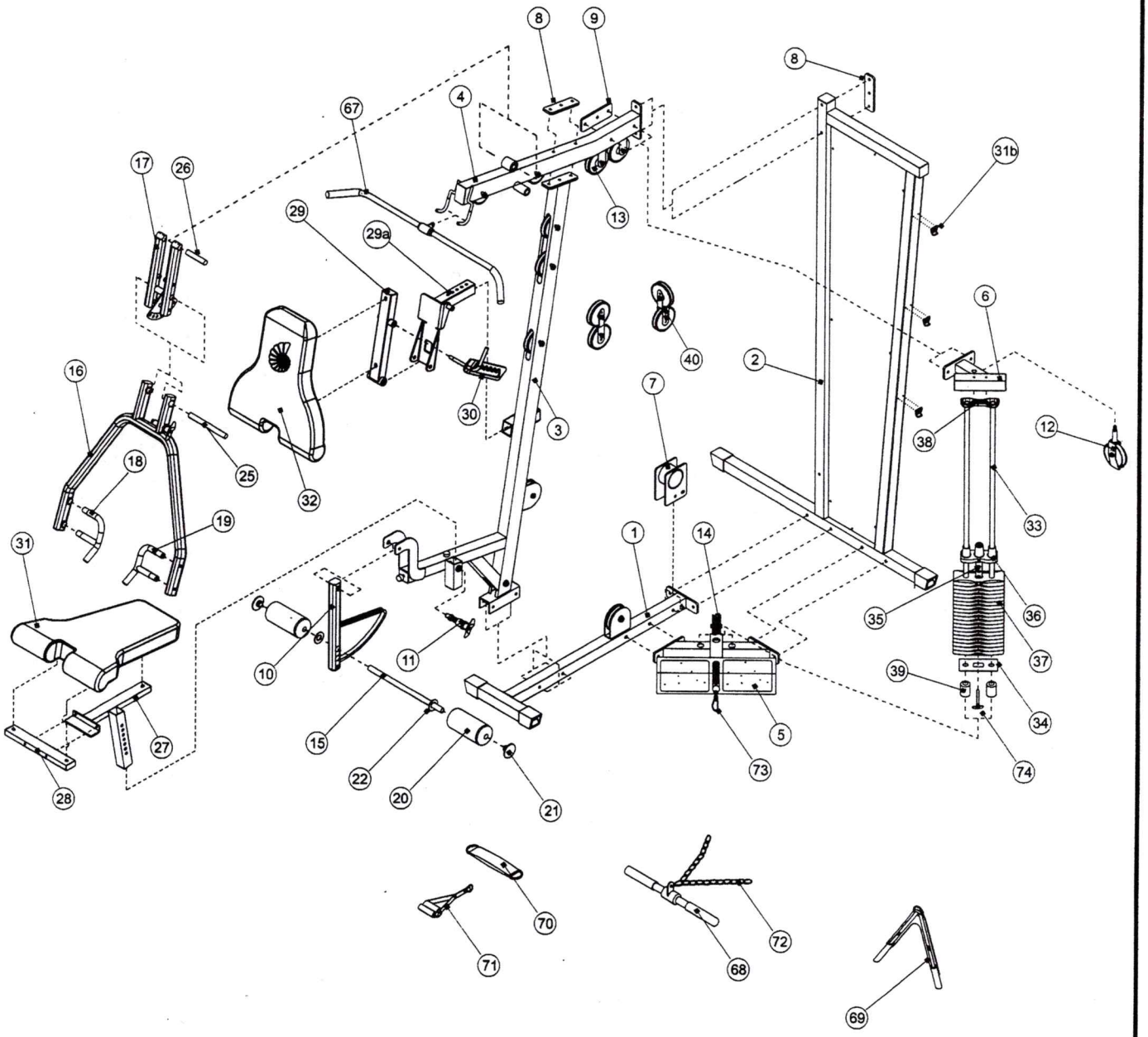


Nautilus NS-200

Revision D

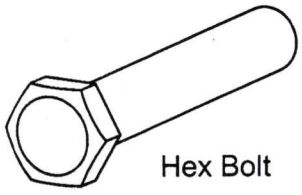
#	Gym Components	Qty.	Part #
1	Main Base Frame	1	14139
2	Rear Frame	1	14116
3	Front Upright Frame	1	14140
4	Top Frame	1	14141
5	Calf Raise / Low Pulley Frame	1	14127
6	Top Stack Support Frame	1	14125
7	Cable Housing	1	14137
8	2 inch Backing Plate	2	14105
9	3 inch Backing Plate	1	14007
10	Leg Extension Assembly	1	14126
11	Pop Pin - Seat Adjustment	1	14211
12	Floating Pulley Bracket	1	14136
13	4 1/2" Pulley	16	14185
14	3 1/2" Pulley	3	14173
15	Roller Bar	1	14100
16	Press Arm	1	14131
17	Press Arm Support Assembly	1	14132
18	Press Arm Handle - Right	1	14133
19	Press Arm Handle - Left	1	14134
20	Foam Roller 8"L	2	14270
21	Roller End Cap	2	14165
22	Plastic Washer	2	92058
23	Snap Cap - Small	2	14181
24	Snap Cap - Large	2	14182
25	Press Arm Pivot Shaft	1	14110
26	Press Arm Support Shaft	1	14111
27	Seat Adjuster	1	14128
28	Seat Cross Tube	1	14101
29	Back Pad Tube	1	14780
29a	Back Pad Adjuster	1	14781
30	Back Pad Adjustment	1	14130
31	Seat Pad	1	14190
32	Back Pad	1	14189
33	Guide Rod	2	14102
34	Weight Stack Bottom Plate	1	14106
35	Selector Stem	1	14204
36	Top Weight	1	14205
37	Weight Plate	19	14342
38	Guide Rod Holder	1	14174
39	Weight Stack Cushion	2	14176
40	Double Floating Pulley Bracket	2	14138
	CABLES		
41	Cable #1 - Low Row (136.5")	1	14221
42	Cable #2 - Pulldown (216.25")	1	14220
43	Cable #3 - Leg Extension (164.25")	1	14219

#	Gym Components	Qty.	Part #
	HARDWARE		
44	Flat Head Screw - M8	1	14155
45	Flat Head Screw - M4	1	14155
46	Hex Bolt 1/2" x 4 1/2"L	1	14262
47	Hex Bolt 3/8" x 4 1/4"L	2	14246
48	Hex Bolt 3/8" x 4"L	1	14247
49	Hex Bolt 3/8" x 3 1/4"L	4	14279
50	Hex Bolt 3/8" x 3"L	12	14245
51	Hex Bolt 3/8" x 2 3/4"L	6	14241
52	Hex Bolt 3/8" x 2 1/2"L	1	14240
53	Hex Bolt 3/8" x 2 1/4"L	2	14265
54	Hex Bolt 3/8" x 2"L	11	14242
55	Hex Bolt 3/8" x 1 3/4"L	3	14239
56	Cap Head Allen Screw 1"L	2	14258
57	Button Head Allen Screw 1"L	4	14251
58	1/2" Flat Washer	4	14273
59	3/8" Flat Washer	69	14233
60	1/2" Lock Nut	3	14232
61	3/8" Lock Nut	37	14234
62	Pulley Spacer	1	14196
63	Step Spacer - 5/8"H	12	14195
64	Step Spacer - 7/8"H	2	14197
65	Set Screw 5/16" x 1/4"L	6	14277
66	Cap Head Allen Screw 3"L	2	14260
	ACCESSORIES and TOOLS		
67	Lat Bar	1	14142
68	Rower Bar	1	14113
69	AB Strap	1	14215
70	Felt Back Ankle Strap	1	14217
71	Dual Ring Handle	1	14384
72	Chain	1	92053
73	Cable Clip	4	92054
74	Weight Selector Pin	1	14210
75	Workout Chart	1	14343
76	M4 Allen Wrench	1	14680
77	M5 Allen Wrench	1	14532
78	M6 Allen Wrench	1	14533
79	M8 Allen Wrench	1	14534



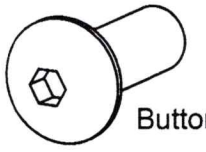
A. Compare the Bill of Materials to the box contents to insure that all parts are present before installation begins.

B. Unpackage parts and place them near the final assembled location to avoid moving the gym when fully assembled.



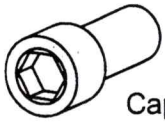
Hex Bolt

Lock Nut

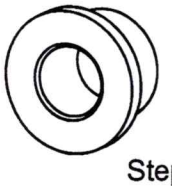


Button Head

Flat Washer

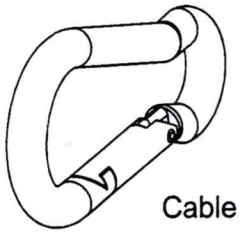


Cap Head



Step Spacer

Flat Head



Cable Clip

Self Tapping

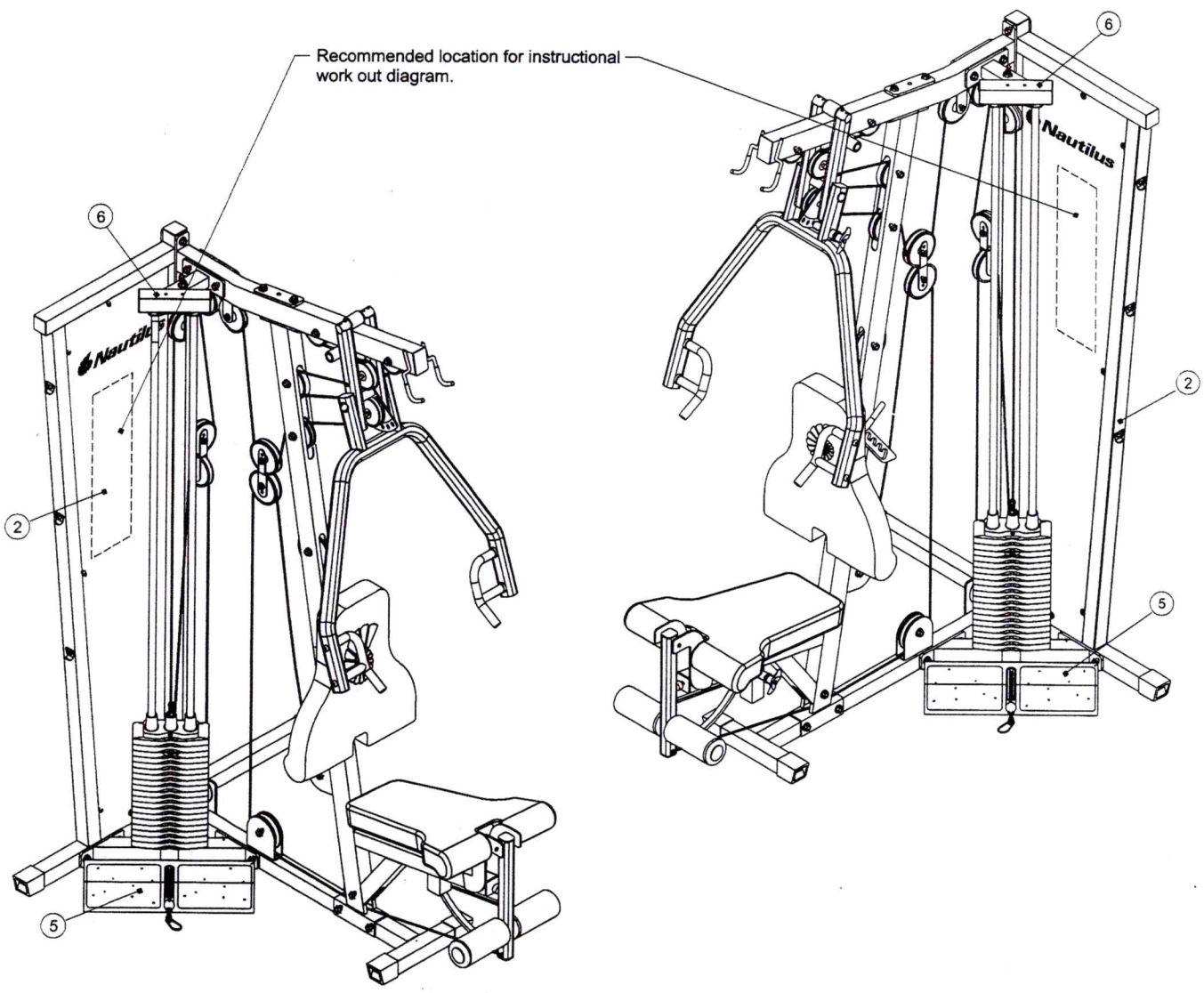
Required Tools:

9/16" or 14mm Wrench or Socket (Two Required)

3/4" Wrench or Socket

Adjustable Wrench

4, 5, 6 and 8mm Allen Wrenches (Included w/ Gym)



Before assembling this gym, please be aware that this piece of equipment can be assembled in two different configurations.

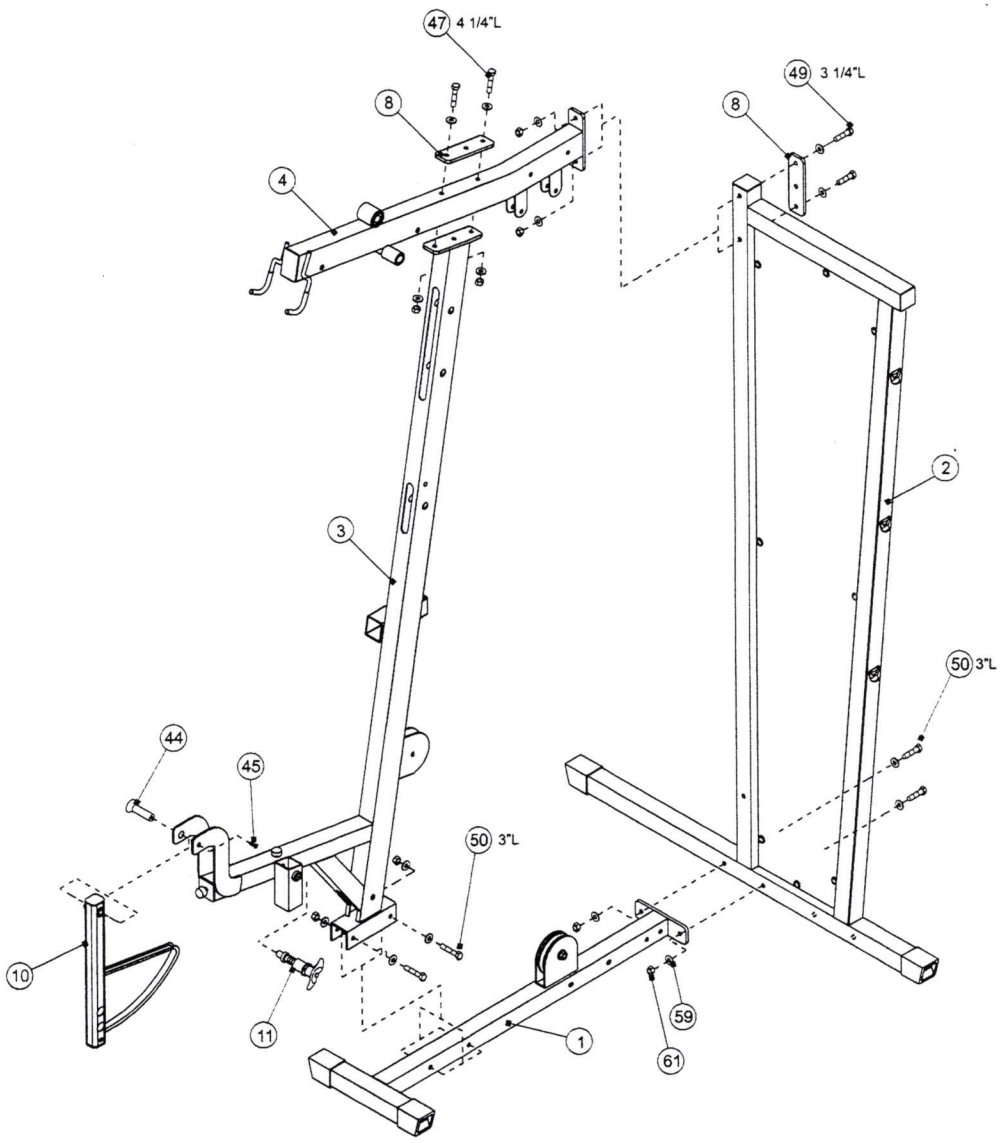
The Weight Stack can be assembled on either side of the gym depending on what best fits your living space. This is accomplished simply by assembling the Rear Frame (2), Top Stack Support Frame (6), and Calf Raise / Low Pulley Frame (5) on the opposite side of the machine.

This gym is supplied with an instructional work out diagram which is to be adhered to the Rear Frame (2) back panel. See note in diagram above for recommended location.

The following assembly instructions show the gym assembled with the weight stack on the left side. To assemble the gym with the weight stack on the right side, simply assemble the Rear Frame (2), Top Stack Support Frame (6), and Calf Raise / Low Pulley Frame (5) on the opposite side of the machine as shown in the instructions.

Be sure to place the NS 200 gym as close to its final location before adding weight plates. The gym is designed so that the rear of the frame can sit directly against a wall. Please allow a minimum of 24" on each side of the gym from the nearest wall or obstruction. The weight stack side of the gym will need a minimum of 48" from any obstruction. If an attachment such as a leg press is used now or in the future, please allow for 48" on the side opposite the weight stack.

step 1



Step #1 Materials:

	#	Description	Qty.
☐	1	Main Base Frame	1
☐	2	Rear Frame	1
☐	3	Front Upright Frame	1
☐	4	Top Frame	1
☐	8	2 inch Backing Plate	2
☐	10	Leg Extension Assembly	1
☐	11	Pop Pin - Seat Adjustment	1
☐	44	Flat Head Screw - M8	1
☐	45	Flat Head Screw - M4	1
☐	47	Hex Bolt 3/8" x 4 1/4"L	2
☐	49	Hex Bolt 3/8" x 3 1/4"L	2
☐	50	Hex Bolt 3/8" x 3"L	4
☐	59	3/8" Flat Washer	16
☐	61	3/8" Lock Nut	8

A. Attach Main Base Frame (1) to Rear Frame (2) using hardware shown. Tighten hardware firmly.

B. Attach Front Upright Frame (3) to Main Base Frame (1) using hardware shown. Do not tighten hardware.

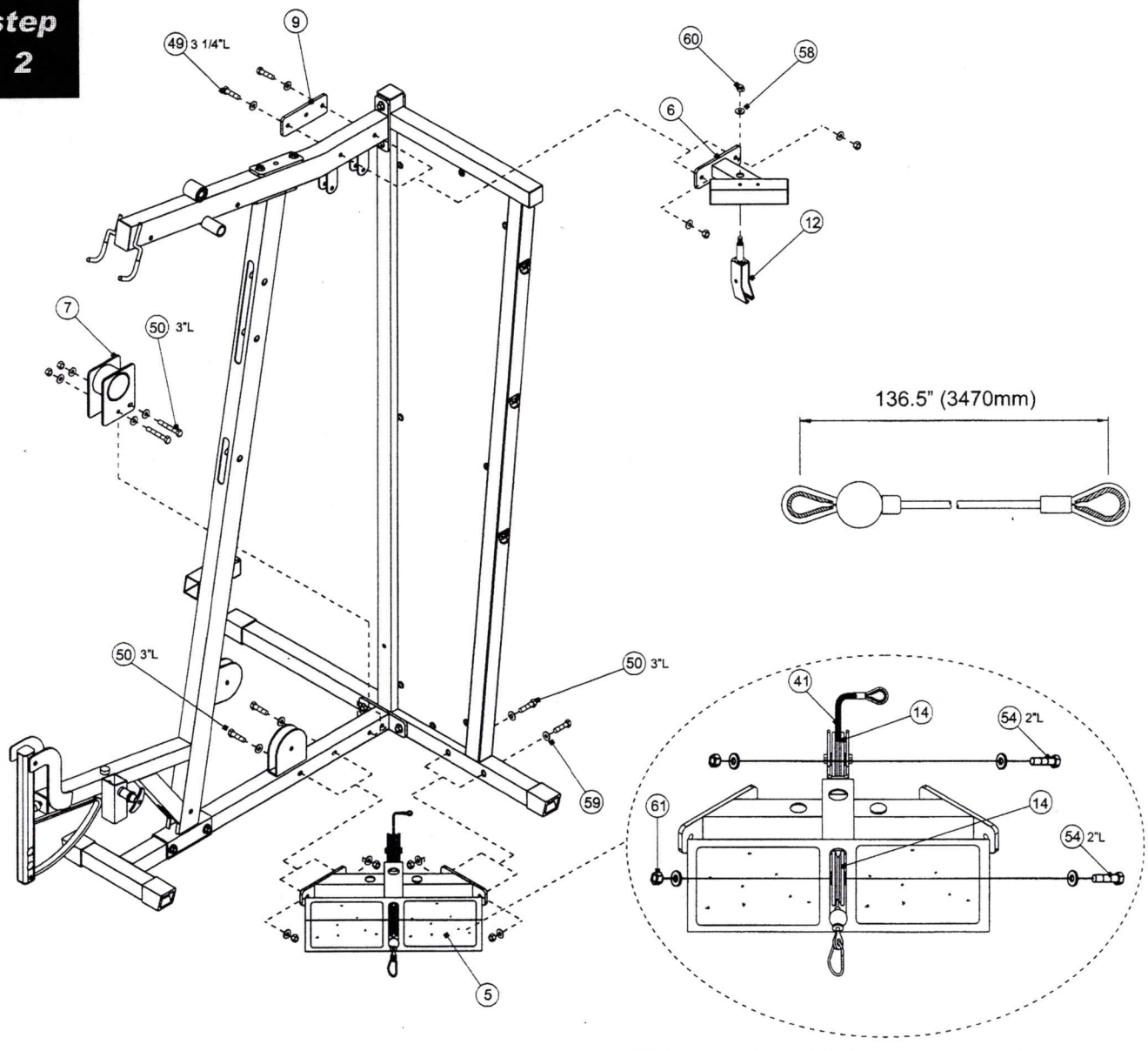
C. Attach Top Frame (4) to Front Upright Assembly (3) using hardware shown and 2" Backing Plate (8). Do not tighten hardware.

D. Attach Top Frame (4) to Rear Frame (2) using hardware shown and 2" Backing Plate (8). Tighten all hardware used in steps B, C, and D firmly.

E. Attach Leg Extension Assembly (10) to Front Upright Frame (3) using hardware shown. Tighten hardware securely making sure that the Leg Extension Assembly can rotate freely.

F. Attach Pop Pin (11) to Front Upright Assembly (3) as shown. Tighten securely using adjustable wrench.

step 2



Step #2 Materials:

	#	Description	Qty.
☐	5	Calf Raise / Low Pulley Frame	1
☐	6	Top Stack Support Frame	1
☐	7	Cable Housing	1
☐	9	3 inch Backing Plate	1
☐	12	Floating Pulley Bracket	1
☐	14	3½" Pulley	2
☐	41	Cable #1 - Low Row (136.5")	1
☐	49	Hex Bolt 3/8" x 3 1/4"L	2
☐	50	Hex Bolt 3/8" x 3"L	6
☐	54	Hex Bolt 3/8" x 2"L	2
☐	58	1/2" Flat Washer	1
☐	59	3/8" Flat Washer	20
☐	60	1/2" Lock Nut	1
☐	61	3/8" Lock Nut	10

A. Attach Top Stack Support Frame (6) to Top Frame using 3" Backing Plate (9) and the hardware shown. Tighten hardware firmly.

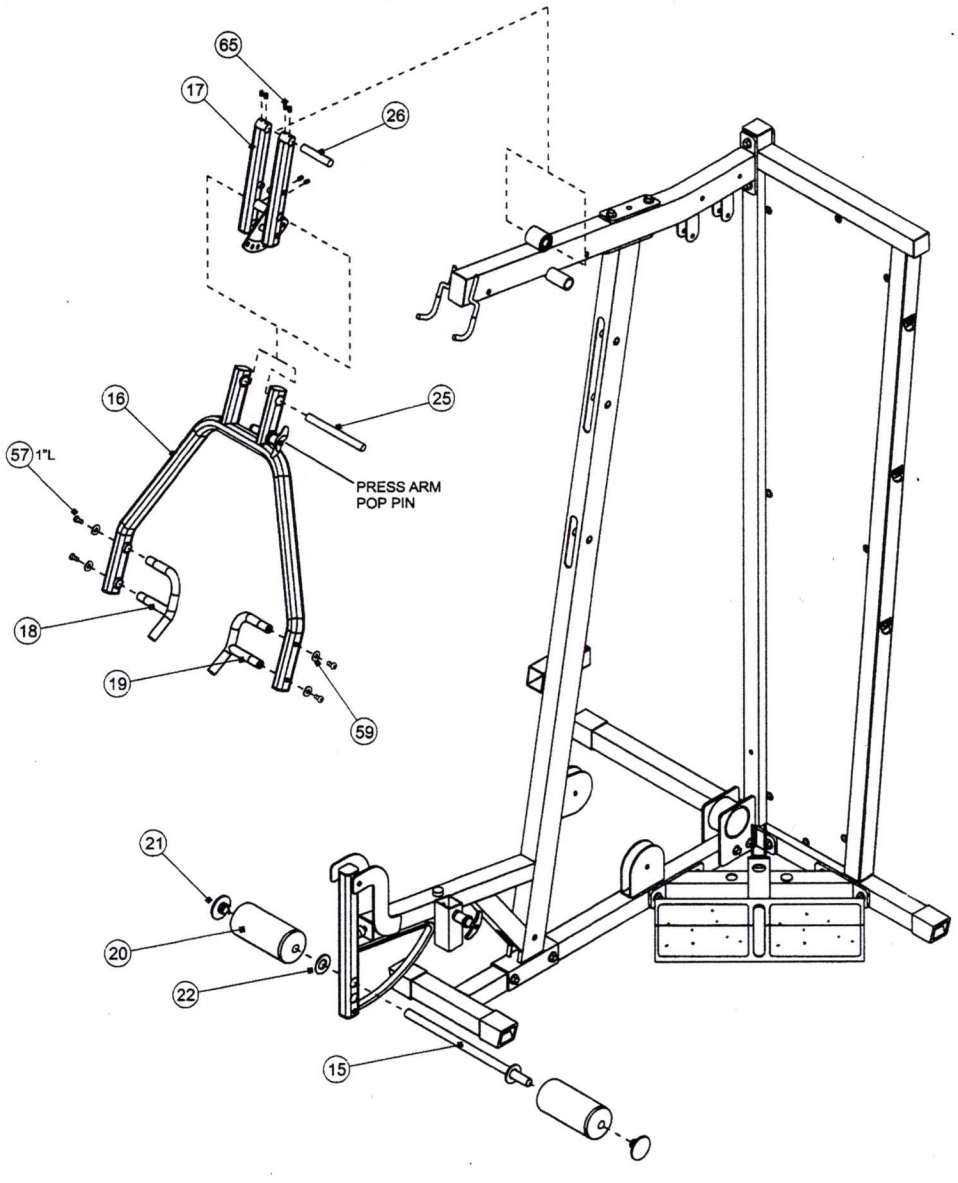
B. Attach Floating Pulley Bracket (12) to Top Stack Support Frame (6) using hardware shown. Do not tighten.

C. Attach Cable Housing (7) to Main Base Frame using hardware shown. Tighten hardware firmly.
Note: If an exercise attachment such as a leg press is used, do not install Cable Housing (7).

D. Install Cable #1 (41) through Calf Raise / Low Pulley Frame (5). Feed the looped end of the cable (without ball) through the foot plate side of the Calf Raise / Low Pulley Frame (5). Attach two 3 ½" pulleys (14) using hardware shown, making sure that the cable runs in the groove on the low side of the pulley. Final installation of the cable will be completed on Step 8. NOTE: Make sure that the cable is NOT wrapped around the cable stop.

E. Attach Calf Raise / Low Pulley Frame (5) to Main Base Frame and Rear Frame using hardware shown. Tighten hardware firmly.

step 3



Step #3 Materials:

	#	Description	Qty.
☐	15	Roller Bar	1
☐	16	Press Arm	1
☐	17	Press Arm Support Assembly	1
☐	18	Press Arm Handle - Right	1
☐	19	Press Arm Handle - Left	1
☐☐	20	Foam Roller 8"L	2
☐☐	21	Roller End Cap	2
☐☐	22	Plastic Washer	2
☐	25	Press Arm Pivot Shaft	1
☐	26	Press Arm Support Shaft	1
☐☐☐☐	57	Button Head Allen Screw 1"L	4
☐☐☐☐	59	3/8" Flat Washer	4
☐☐☐☐☐☐	65	Set Screw 5/16" x 1/4"L	6

A. Attach Press Arm Support Assembly (17) to the Top Frame using the Press Arm Support Shaft (26). Align Shaft and tighten the 4 set screws (65) shown.

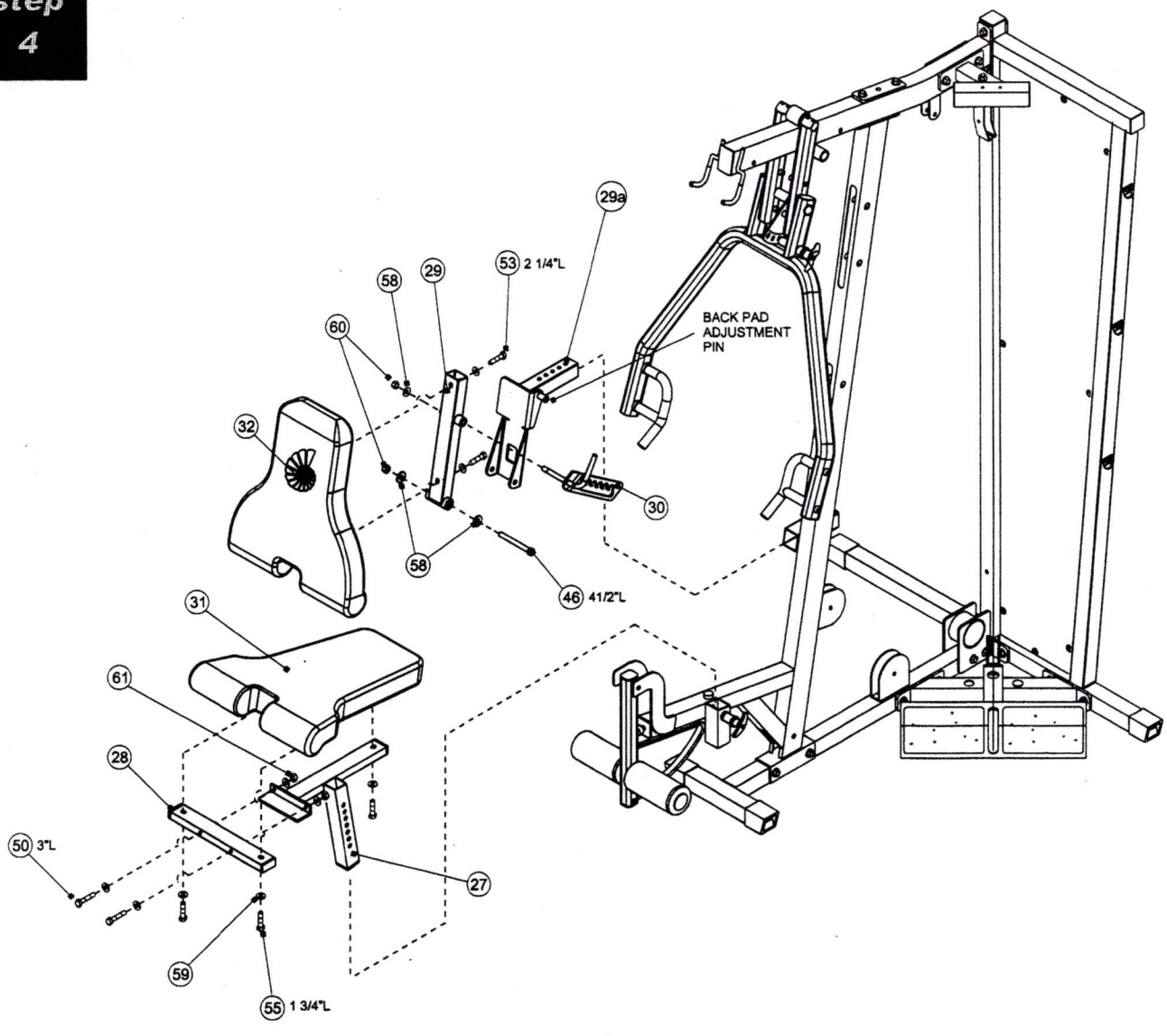
B. Remove Pop Pin from Press Arm (16). Attach Press Arm (16) to Press Arm Support Assembly (17) using the Press Arm Pivot Shaft (25), making sure that the shaft is centered. Secure by tightening the two set screws (65) firmly. Attach Pop Pin. Tighten using adjustable wrench.

C. Attach Press Arm Handles (18) (19) using hardware shown. Tighten hardware firmly.

D. Slide Roller Bar (15) through the Leg Extension Assembly. Either hole can be used depending on best fit for user.

E. Slide a Plastic Washer (22) followed by a Foam Roller (20) on to roller bar (15). Press the Roller End Cap (21) firmly into the Roller Bar (15). Repeat for the opposite side.

step 4



Step #4 Materials:

	#	Description	Qty.
☐	27	Seat Adjuster	1
☐	28	Seat Cross Tube	1
☐	29	Back Pad Tube	1
☐	29a	Back Pad Adjuster	1
☐	30	Back Pad Adjustment	1
☐	31	Seat Pad	1
☐	32	Back Pad	1
☐	46	Hex Bolt 1/2" x 4 1/2"L	1
☐	50	Hex Bolt 3/8" x 3"L	2
☐	53	Hex Bolt 3/8" x 2 1/4"L	2
☐	55	Hex Bolt 3/8" x 1 3/4"L	3
☐	58	1/2" Flat Washer	3
☐	59	3/8" Flat Washer	9
☐	60	1/2" Lock Nut	2
☐	61	3/8" Lock Nut	2

A. Attach Seat Cross Tube (28) to Seat Adjuster (27) using hardware shown. Tighten hardware securely.

B. Attach Seat Pad (31) to Seat Cross Tube (28) and Seat Adjuster (27) using hardware shown. Tighten hardware securely.

C. Install Seat adjuster (27) in Front Upright Frame in the slot shown. Use Pop Pin to adjust seat height.
Note: Pop Pin is threaded so that seat can be locked in position.

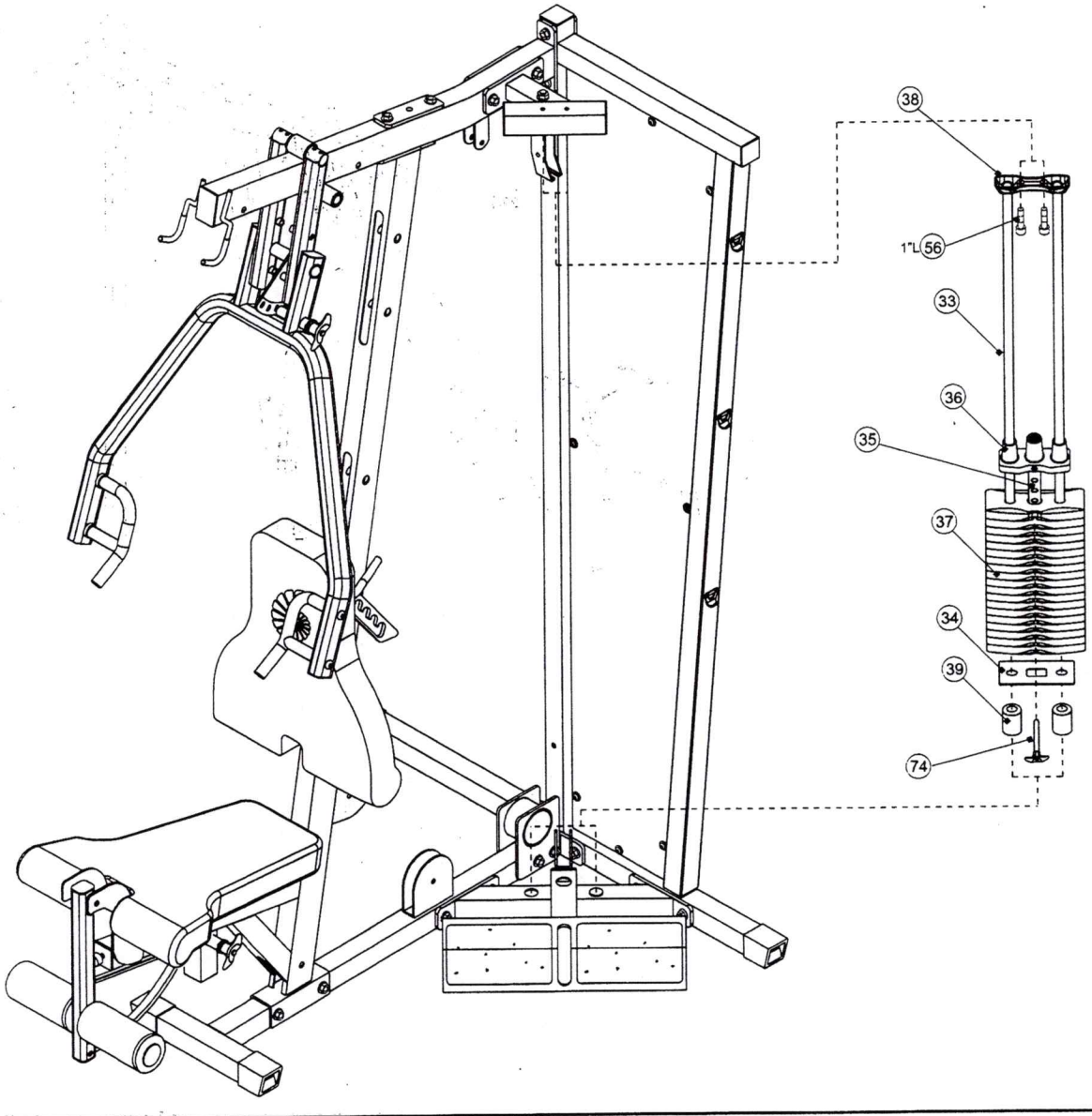
D. Attach Back Pad Tube (29) to Back Pad (32) using hardware shown. Tighten hardware securely.

E. Attach Back Pad Tube (29) to Back Pad Adjuster (29a) using hardware shown. Tighten hardware securely but still allowing Back Pad Tube to rotate freely.

F. Install Back Pad Adjuster (29a) in Front Upright Frame in the slot shown. Use the Pop Pin to adjust the Back Pad location.
NOTE: Pop Pin is threaded so that the seat can be locked in position.

G. Attach Back Pad Adjustment (30) to Back Pad Tube (29) using hardware shown making sure that the Back Pad Adjustment Pin rests inside the slot of the Back Pad Adjustment. Tighten hardware securely but still allowing Back Pad Adjustment to rotate freely.

step 5



Step #5 Materials:

	#	Description	Qty.
☐	33	Guide Rod	2
☐	34	Weight Stack Bottom Plate	1
☐	35	Selector Stem	1
☐	36	Top Weight	1
☐	37	Weight Plate	19
☐	38	Guide Rod Holder	1
☐	39	Weight Stack Cushion	2
☐	56	Cap Head Allen Screw 1"L	2
☐	74	Weight Selector Pin	1

A. Slide Weight Stack Cushion (39) on each Guide Rod (33) allowing approximately 3" of Guide Rod showing below the Weight Stack Cushion. Insert Guide Rods (33) into holes in the Calf Raise/Low Pulley Frame as shown.

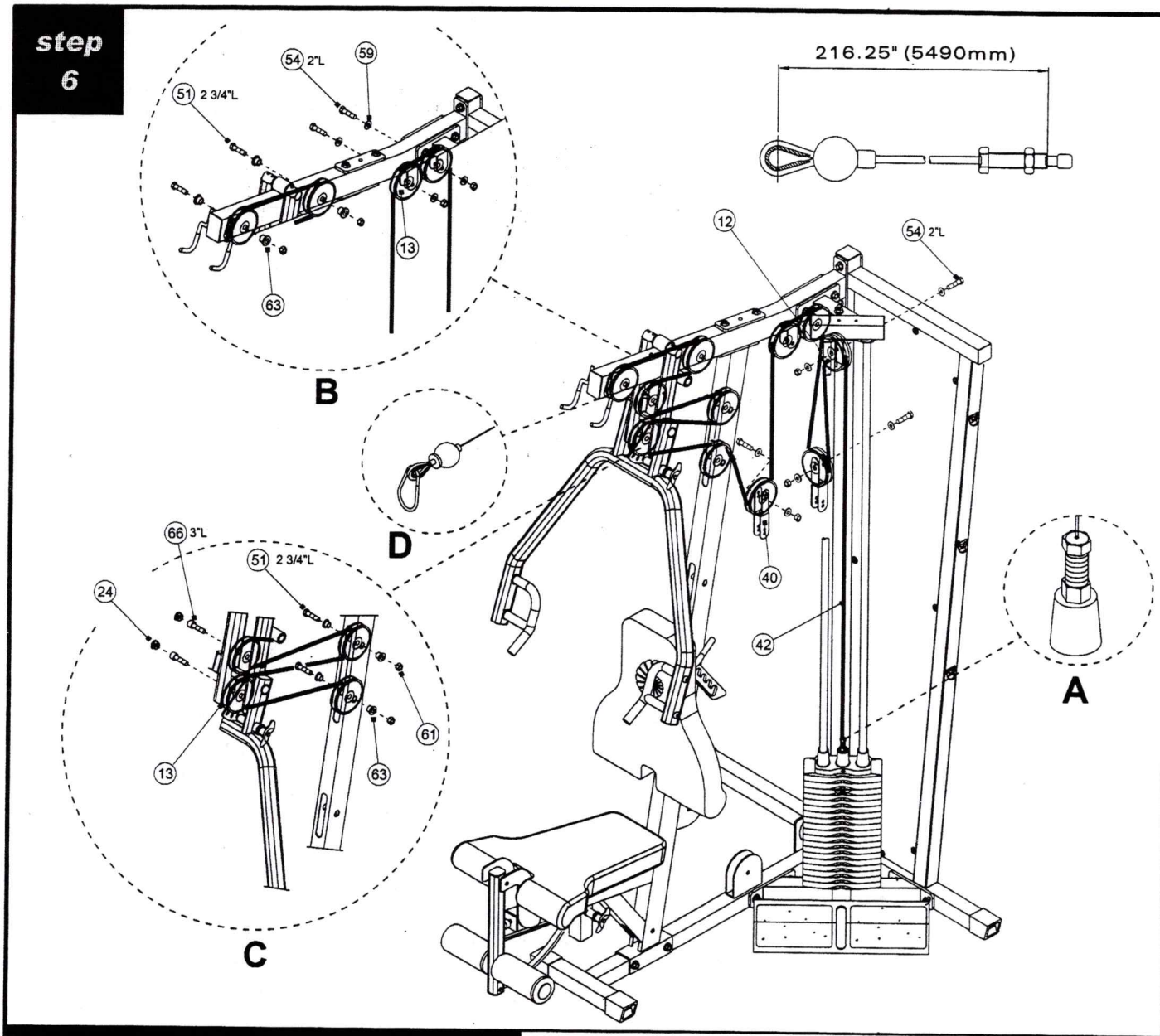
B. Slide Weight Stack Bottom Plate (34) on top of Weight Stack Cushions (39).

C. Place nineteen Weight Plates (37) and the Selector Rod/Top Plate Assembly (35 & 36) on the Guide Rods (33) as shown. Install Weight Plates (37) so that the selector pin hole faces forward and is located on the bottom of the plate. Install the Selector Rod/Top Plate Assembly so that the head of the bolt is facing forward. This gym is supplied with individual weight plate numbering decals that should be applied to the gym after the weight stack is assembled.

D. Slide Guide Rod Holder (38) on the top of the Guide Rods (33) and attach the Guide Rod Holder (38) to the Top Stack Support Frame using the hardware shown. Tighten hardware securely.

E. Place Weight Selector Pin (74) in the bottom Weight Plate (37).

step 6



Step #6 Materials:

#		Description	Qty.
☐	13	4 ½" Pulley	11
☐	24	Snap Cap - Large	2
☐	40	Double Floating Pulley Bracket	2
☐	42	Cable #2 - Pull Down (216.25")	1
☐	51	Hex Bolt 3/8" x 2 3/4"L	4
☐	54	Hex Bolt 3/8" x 2"L	5
☐	59	3/8" Flat Washer	10
☐	61	3/8" Lock Nut	9
☐	63	Step Spacer - 5/8"H	8
☐	66	Cap Head Allen Screw 3"L	2

A. Thread one end of Cable #2 (42) into the Selector Rod/Top Plate Assembly as shown in Detail A. Do not tighten locking nut.

B. Draw Cable #2 (42) over a 4 ½" Pulley (13) and place it in the Floating Pulley Bracket (12) making sure that the lower section of the Floating Pulley Bracket (12) is located between the Guide Rods. Attach Pulley to Bracket using hardware shown. Tighten hardware securely.

C. Loop Cable #2 (42) around a 4 ½" Pulley (13) and place it in a Double Floating Pulley Bracket (40). Attach Pulley in the inner hole of the bracket using the hardware shown. Tighten hardware securely.

D. Draw Cable #2 (42) around two 4 ½" Pulleys (13) and place them in the brackets shown in Detail B. Attach the Pulleys using hardware shown. Tighten hardware securely.

E. Repeat Step C using a second Double Floating Pulley Bracket (40).

F. Draw Cable #2 (42) around a 4 ½" Pulley (13) and place it in the upper slot of the Front Upright Frame. Attach Pulley to the lower hole in the slot using hardware shown in Detail C. Tighten hardware securely.

G. Loop Cable #2 (42) around a 4 ½" Pulley (13) and place it in Press Arm Support Assembly. Attach Pulley using the lower hole using hardware shown in Detail C. Tighten hardware securely.

H. Loop Cable #2 (42) around a 4 ½" Pulley (13) and place it in the upper slot of the Front Upright Frame. Attach Pulley to the upper hole in the slot using hardware shown in Detail C. Tighten hardware securely.

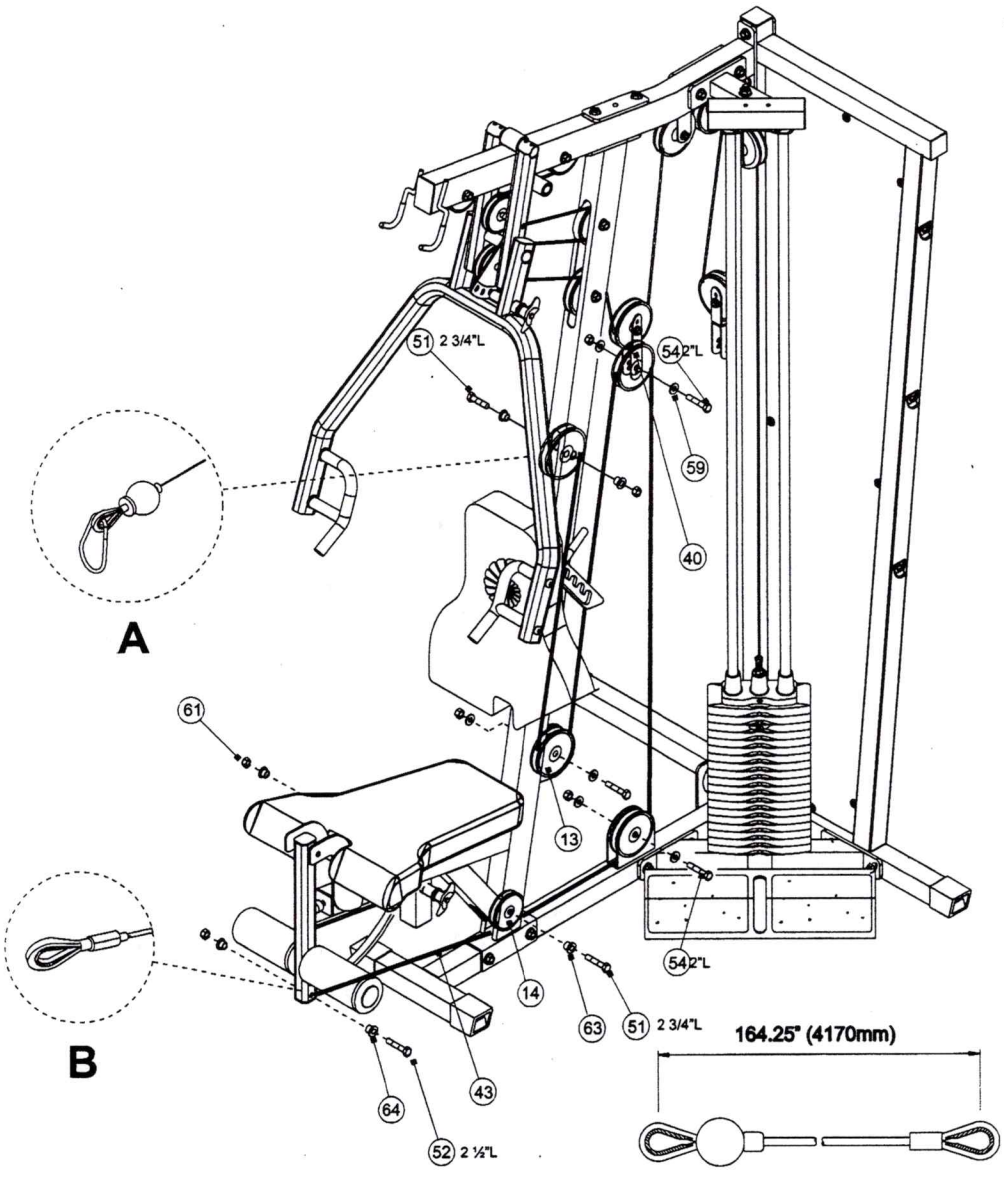
I. Repeat Step G attaching the Pulley (13) to the upper hole.

J. Loop Cable #2 (42) around a 4 ½" Pulley (13) and place it in the Top Frame. Attach Pulley using hardware shown in Detail B. Tighten hardware securely. Note: Leave end of Cable #2 inside the Top Frame tube.

K. Feed Cable #2 (42) through the Top Frame tube and out the front slot. Draw Cable around a 4 ½" Pulley (13). Attach Pulley in front slot using hardware shown in Detail B. Tighten hardware securely.

L. Attach Snap Caps (24) in Press Arm Support Assembly as shown.

step 7



Step #7 Materials:

	#	Description	Qty.
☐	13	4 ½" Pulley	4
☐	14	3 ½" Pulley	1
☐	43	Cable #3 - Leg Extension (164.25")	1
☐	51	Hex Bolt 3/8" x 2 3/4"L	2
☐	52	Hex Bolt 3/8" x 2 1/2"L	1
☐	54	Hex Bolt 3/8" x 2"L .	3
☐	59	3/8" Flat Washer	6
☐	61	3/8" Lock Nut	6
☐	63	Step Spacer - 5/8"H	4
☐	64	Step Spacer - 7/8"H	2

A. Draw Cable #3 (43) over a 4 ½" Pulley (13) and place Pulley in middle slot of Front Upright Frame. Attach using hardware shown. Tighten hardware securely. Note cable termination in Detail A.

B. Loop Cable #3 (43) around a 4 ½" Pulley (13) and attach Pulley to the low bracket on the Front Upright Frame using the hardware shown. Tighten hardware securely.

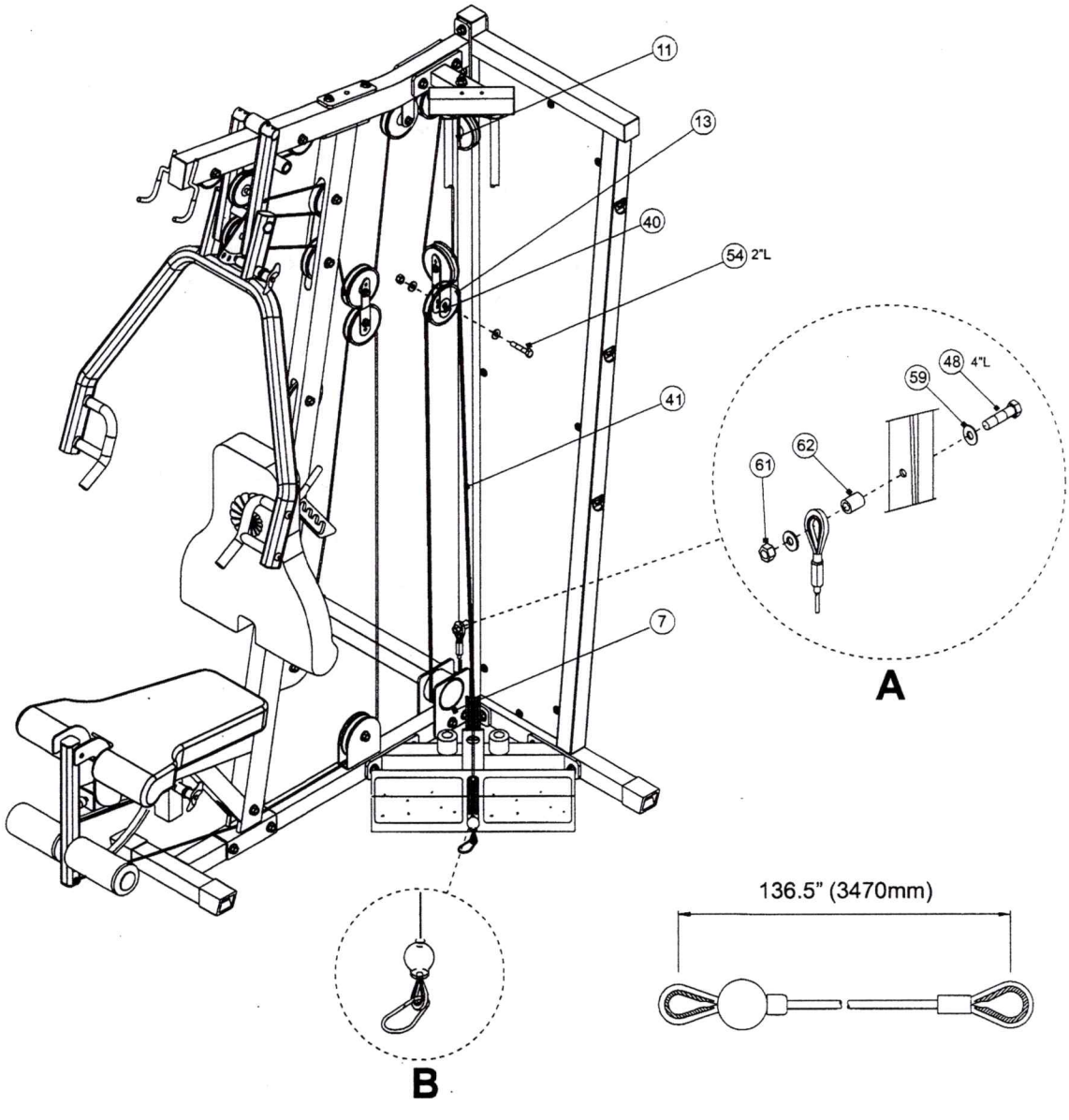
C. Loop Cable #3 (43) around a 4 ½" Pulley (13) and place in the Double Floating Pulley Bracket shown. Attach Pulley to inner hole using hardware shown. Tighten hardware securely.

D. Draw Cable #3 (43) around a 4 ½" Pulley (13) and attach Pulley to the bracket on the Main Base Frame using hardware shown. Tighten hardware securely.

E. Draw Cable #3 (43) under a 3 ½" Pulley (14) and attach Pulley to the Front Upright Frame in the low slot using hardware shown. Tighten hardware securely.

F. Attach Cable #3 (43) termination shown in Detail B to the Leg Extension Assembly using hardware shown. DO NOT OVER TIGHTEN.

step 8



Step #8 Materials:

	#	Description	Qty.
☐	13	4 ½" Pulley	1
☐	41	Cable #1 - Low Row (136.5")	1
☐	48	Hex Bolt 3/8" x 4"L	1
☐	54	Hex Bolt 3/8" x 2"L	1
☐	59	3/8" Flat Washer	4
☐	61	3/8" Lock Nut	2
☐	62	Pulley Spacer	1

A. Loop Cable #1 (41) around a 4 ½" Pulley (13) and place in Double Floating Pulley Bracket (40) shown. Attach Pulley to bracket in the inner hole using the hardware shown. Tighten hardware securely.

B. Wrap Cable #1 (41) under Cable Housing (7) and attach termination to Rear Frame using hardware shown in Detail B. DO NOT OVER TIGHTEN. If cable termination does not reach the connection hole on Rear Frame, adjust Pulleys (13) in the Double Floating Pulley Bracket (40) to Increase cable length.

C. Once all cables have been installed, align Floating Pulley Bracket (11) so that Cable #2 is vertical and does not rub against the Floating Pulley Bracket. Tighten hardware firmly so that the Floating Pulley Bracket (11) will not spin.

Note: This cable termination is used for exercise attachments such as a leg press. If an attachment is used, do not install Cable Housing (7). Please refer to attachment instructions for installation.

step 9

Attach Accessories

A. Attach the Handles, Curl Bar, Lat Bar, Chain, Ankle Cuff and Ab Strap to the cable ends using the Cable Clips.

Lubrication and Final Check

A. Lubricate Guide Rods using a silicon based lubricant.

B. Carefully inspect all cables and insure that they are properly seated on the pulleys and that they pass between the cable stops and pulleys.

C. Double check all hardware and make sure everything is tightened properly.

Cable Tensioning

A. Tighten the Cable System using the combination of three adjustment locations. These locations are the Double Floating Pulley Brackets and the Selector Rod Top Plate Assembly. The Cable System should be tightened as tight as possible yet still allow the Selector Pin to freely engage all weights.

B. After the cables are tensioned load the gym with as high a weight as you feel comfortable with and pull each cable several times to set and stretch the cables.

C. After the cables are set and stretched, the Cable System may need to be re-tensioned. Tension the cables as described in Step A.

D. The cables may need to be tensioned periodically as they may stretch slightly over time.

Sub-Assembled Parts Not Shown

#	Gym Components	Qty.	Part #
1b	Rear Guard	1	14203
2b	Nautilus Logo Plate	2	98780
3b	Decal Kit	1	14421
4b	Hardware Pack	1	14416
5b	Grip Tape	2	14206
6b	Protection Label	1	14184
7b	Foot Cap	4	14172
8b	Seat Adjuster Cushion	1	14183
9b	Lat Bar Hook Cover	2	14161
10b	Back Adjustment Handle Cover	1	14180
11b	Back Adjustment Stop	1	14179
12b	Press Arm Stop	2	14178
13b	Top Weight Bushing	2	14175
14b	Round End Cap	4	14164
15b	1 3/4" x 2" Rectangular End Cap	12	14177
16b	2" x 3" Rectangular End Cap	1	14170
17b	1 ½" x 2" Rectangular End Cap	1	14168
18b	1" x 2" Rectangular End Cap	3	14163
19b	2" Square End Cap	2	14162
20b	1 3/4" Square End Cap	1	14159
21b	Screw Bumper	1	14152
22b	1/4" Lock Nut	8	14253
23b	1/4" Flat Washer	17	14276
24b	Button Head Allen Screw 1/4" x 3/4"L	9	14278
25b	Cap Head Screw 7/16" x 1 1/2"L	1	14261
26b	Bearing	2	14271
27b	Press Arm T Handle Pop Pin	1	14212
28b	Back Pad Adjustment Pop Pin	1	14211
29b	Step Spacer 31.1 x 25.1 x 47.5h	2	14201
30b	Step Spacer 19.45 x 12.8 x 18h	6	14200
31b	Accessory Hook	3	14772
32b	Button Head Self Tapping Screw	6	14773
33b	Hand Grip	4	14268

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